







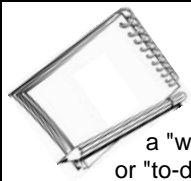




To A Healthier You!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>Quercetin in onions, apples, tea, and wine has antioxidant, antihistamine, and anti-inflammatory properties www.ars.usda.gov</p> 	<p>2</p> <p>To help your muscles recover and to replace their glycogen stores, eat a meal that contains both protein and carbohydrates within two hours of your exercise session if possible. www.mayoclinic.com</p>	<p>3</p> <p>Allyl sulfide in garlic, onions, scallions, leeks, and chives may help maintain a healthy immune system and reduce cancer risk.</p> 
<p>4</p> <p>Add 10 minutes of stretching to your day by flexing your calves, your hamstrings, and your chest. Place the balls of your feet against a curb to stretch your calves. www.realage.com</p>	<p>5</p> <p>Stretch your hamstring by placing one outstretched leg on a bench and reaching toward your upward-pointing toes.</p> 	<p>6</p> <p>Stretch your chest by holding your arms out straight at your sides, bending your arms 90 degrees at the elbow, and trying to touch your elbows together behind your back.</p>	<p>7</p> <p>May is Hepatitis Awareness Month Learn about hepatitis prevention at www.cdc.gov</p>	<p>8</p> <p>An eight-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised. www.acefitness.org</p>	<p>9</p> <p>For tips on recipe makeovers to reduce fat and calories, visit: www.foodfit.com/cooking/archive/recipeMakeover_dec27.asp or www.mayoclinic.com/health/healthy-recipes/NU00584</p>	<p>10</p> <p>The resistance of water is perfect for a strength-training workout. To create resistance in the water, cup your hands and push or pull the water away from you. www.acefitness.org</p>
<p>11</p> <p>Take 10 minutes to strengthen your lower body: Stand in front of a set of steps with your hands on your hips. Step onto the first stair with one foot and balance on one foot for two seconds.</p> 	<p>12</p> <p>(see prior tip) Switch feet and continue balancing on one foot alternately, for two seconds each until 10 minutes have elapsed. www.realage.com</p>	<p>13</p> <p>Food manufacturers are allowed to list amounts of trans fat with less than 0.5 gram (1/2 g) as 0 (zero) on food labels. www.cfsan.fda.gov/ Watch out for partially hydrogenated vegetable oil in the ingredients list.</p>	<p>14</p> <p>Sleep Better: Retire within two hours and rise within one hour of the same time every day, even on weekends. www.sleepbetter.org</p>	<p>15</p> <p>Get tested every two to four years for glaucoma if between ages 40-60. Anyone with high risk factors for glaucoma, should be tested every year or two after age 35. www.glaucoma.org</p>	<p>16</p> <p>Strengthen your wrist flexors</p>  <p>www.acefitness.org</p>	<p>17</p> <p>Kneel facing a bench. Hold a dumbbell in each hand, knuckles facing the floor, wrists just off the bench. Slowly curl the weight through the full range of motion and return to the beginning position.</p>
<p>18</p> <p>Work Your Upper Body</p> 	<p>19</p> <p>Lean into a wall, supporting yourself with straight arms. Keeping your body straight, gradually bend your elbows, lowering your nose toward the wall. Push back to your starting position and repeat. www.realage.com</p>	<p>20</p> <p>Poor posture may damage spinal structures. Take a break from sitting in an office chair every half hour for two minutes in order to stretch, stand, or walk. www.spine-health.com</p>	<p>21</p> <p>Help Prevent Osteoporosis: Get daily recommended amounts of calcium and vitamin D, engage in regular weight-bearing exercise, avoid smoking and excessive alcohol. www.nof.org/prevention/</p>	<p>22</p> <p>Jumping rope can burn up to 1000 calories per hour, tone muscles in the entire body, and optimize cardiovascular conditioning. www.fitfaq.com</p> 	<p>23</p> <p>The "Dietary Approaches to Stop Hypertension" (DASH) eating plan features plenty of fruits, vegetables, whole grains, and other foods that are heart healthy and lower in salt/sodium. www.nhlbi.nih.gov</p>	<p>24</p> <p>Write out a "worry list" or "to-do list" of bothersome matters before bed to help your mind disengage. www.sleepbetter.org</p> 
<p>25</p> <p>Kick your workout up a notch this week by walking up and down a hill or a set of stairs for 15 to 20 minutes before you do other exercises. www.realage.com</p> 	<p>26</p> <p>Recognize stroke symptoms and call 911 right away for: sudden weakness or numbness, confusion, difficulty speaking or understanding speech, sudden blurring or loss of vision, dizziness, loss of balance, severe headache with no known cause. www.fda.gov</p>	<p>27</p> <p>Saponins in soy beans and dried beans may lower LDL ("bad") cholesterol and prevent cancer cells from multiplying. www.ars.usda.gov</p>	<p>28</p> <p>Depending on your weight, you might burn from about 500—700 calories per hour biking at 12-13.9 miles per hour (moderate effort) www.nutristrategy.com</p> 	<p>29</p> <p>Using low to medium heat for as little time as possible can reduce the loss of nutrients when cooking plant foods. www.vegetarianorganiclife.com</p>	<p>30</p> <p>Lutein in tea is believed to help maintain healthy vision. www.ars.usda.gov</p>	<p>31</p> <p>Some experts believe that 65% or more of melanoma is caused by exposure to the sun, especially during childhood. Adults & children: Apply sunscreen 20 to 30 minutes before going outside. Reapply every 2 hours. www.cancer.org</p>